Universal Respiratory
Precautions

For Health Care Settings

- Cover coughs and sneezes with tissues or surgical masks
- Wash hands frequently
- Wear gloves and gowns and replace often
- Get your flu and pneumonia vaccines

For more information visit:

www.nj.gov/flu

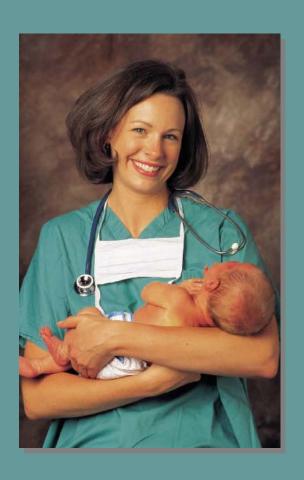




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### It's One More Way to Show You Care...



Get Your Flu Vaccine.





## Your patients count on you to keep them healthy!

The federal Centers for Disease Control and Prevention recommend that all health care workers get a flu (influenza) vaccine every year. Health care worker vaccination against the flu is a very important step in protecting the health of your patients both young and old.

Studies have shown that health care workers can be a key cause of outbreaks in a variety of health care settings such as hospitals, medical practice offices, long-term care facilities, rehabilitation centers, and home-care. When the flu infects patients, the illness can be severe. However, many health care workers do not get a flu vaccine. Data from the National Health Interview Survey (NHIS) show only 36% of health care

The information in this brochure can help you make the decision to get a flu vaccine this year and to do your part in protecting yourself, your patients and your loved ones.

workers get an annual flu

shot.



#### Flu Facts

- The flu causes about 114,000 hospitalizations and about 36,000 deaths each year
- The flu spreads easily from person-toperson through coughing or sneezing
- Health care workers are at risk of catching the flu from patients
- Patients are at risk of catching the flu from health care workers



#### Flu Vaccine Facts

- The flu vaccine will not give you the flu
- A flu vaccine is needed every year
- The flu vaccine is highly effective at preventing the flu
- The inactivated flu vaccine is safe for pregnant women



# Talk to your physician before getting a flu vaccine if you:

- Are allergic to eggs or thimerosal (a preservative ingredient in the vaccine), or had a prior allergic reaction to the flu vaccine
- Have a history of Guillain-Barre syndrome

Remember to wash your hands frequently during flu season!!